CHHOTI CHHOTI BATEIN

JUNE 2000 VOL.2 NO. 3

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THE SONG OF LIFE

The song of life
is such a joyous thing.
A symphony of magic
beckoning,
Inviting me to join
its wandering
And learn to be set free on upward wing
I lift my face to hear
its vibrant cry
And set my pace
to follow to the sky.
And each new day
I find a reason why
The melody must soar
and so must I.

Publisher / Printer	:	Shoaib S. Ranalvi Tara Mahal,5th Road, Khar (W), Mumbai - 400 052
Owner's Name	:	Source Publishers Pvt Ltd
Printing Press	:	Jagruti Printing Press Trimurti, 91-C Tatya Gharpure Path, Girgaum, Mumbai - 400004
Compiled by	:	Shoaib S. Ranalvi

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HANDY HINTS

1. A greasy grill cleans best when sprinkled with soda bicarb.
2. When you run out of wood polish, make your own by melting in bits and pieces of a candle, kerosene and a dash of turmeric powder in a tin. Heat and allow to cool and set before using.
3. During the rainy season, damp curtains can be hung in their usual place and dried – especially when there is a lack of drying space.
4. Before polishing your shoes, hold the polishing brush in front of a heater or lamp to warm it. Now polish your shoes with this warm brush to make them shine.
5. To clean dust and grease from exhaust fans and bulbs in the kitchen, wipe with coconut fibre dipped in kerosene. Follow this by a good scrub with a cloth dipped in a good washing powder.
6. While frying whole mushrooms, add a teaspoon full of lemon juice to the butter. This will prevent them from breaking.
7. Tender coconut water applied on the skin regularly for six months removes smallpox scars.
8. Eating a piece of carrot after meals will clean your mouth of food particles.

REWARDING PATIENCE

A very happily married college professor had this to say to his listening students: 'Gentlemen, many of you will marry. Let me entreat you to be patient with your wives. Do not worry if your wife is not ready at the appointed time. Have a good book nearby and read it while you wait. And, gentlemen,' his kindly smile was guileless, 'I assure you that you will be astonished at the amount of information you will acquire.'

Take your needle, my child, and work at your pattern; it will come out a rose by and by. Life is like that; one stitch at a time taken patiently, and the pattern will come out all right like the embroidery. - O.W.Holmes

LETTER TO GOD

'Dear God, the baby You sent us
Is very nice and sweet,
But because You forgot his dentures
The poor little thing can't eat.
That's why I'm writing this letter
On purpose to let you know.
Please come and finish the baby.
That's all. From little Joe.

A TANGY LEMON FOR HANDS AND FEET

Are your nails discoloured? Rub the rind of lemon on them regularly to regain their natural pink tone. The juice of lemon also helps the growth of nails. It is a special boon for brittle nails. It strengthens cuticles and endows the nails with a natural shine.

For a quick pedicure, rub your feet with a mixture of a tablespoon of wheat flour, a pinch of turmeric powder and a few drops of lemon juice.

Set before yourself a great and definite life purpose. Hidden away in your innermost soul is a transcendent ideal capable of realization. What you need is not more capacity or greater opportunity, but increased resolution and concentration. Nothing will give you so much pleasure as the consciousness of making daily progress toward a great life purpose. - Grenville Kleiser

THE VALUE OF PRAISE

An old farmer sat quietly rocking on his porch one spring night with his wife. As if by sudden inspiration he blurted out to her: 'Sometimes when I think what you have meant to me all these years, I've had to restrain myself a lot not to just blurt it out!'

Many of us fight shy of complimenting someone we love, or telling them how much they mean to us. But we can all do with some positive strokes. Mark Twain spoke for most of us when he said: 'I can live for two months on a good compliment.' Respect and appreciation of others should begin at home.

Humorists have a knack of making themselves felt, even in the dark. (R. Tagore)

LOVE

Love is a young soldier at the front, scared and miserable, who writes a cheerful letter home to his parents.

Love is a man who promises to find a job for an unfortunate misfit and keeps his promise.

Love is a woman who, on discovering another woman's shameful secret, does not reveal it.

Love is a thrifty housewife who takes the best she has in her icebox to lay before an unwanted guest, and serves him with style on her best table linen.

Love is a college boy who learns the deaf alphabet in order to converse with a lonely old lady who cannot hear.

Love is the one who gives abundantly and gives gladly when a beggar returns to ask for alms again.

Love is the person who, instead of recriminating, sees his own shortcomings in another's faults.

-E.Boyd Barret

EACH DAY

Each man decides whether he will be engulfed by the urgent, engrossed by the trivial or enriched by the eternal.

Early each day we decide to be grumbling or gracious, complaining or companionable, perturbed or pleasant.

We can meet each day groppingly, grudgingly and

grippingly, or we can greet each day gladly, gracefully and gratefully.

DIET AFFECTS BREATHING

Lungs are made of tiny sacs that expand and contract rhythmically. The chemical that helps them in this is elastin. Energy produces elastin and enzymes to prevent lung damage. But if the body is malnourished, the lungs and respiratory muscles break down their own protein and glycogen reserves, using it for energy. As a result, lung cells and lean tissue are lost and breathing becomes difficult.

LOVE AND MARRIAGE

-To avoid quarrels: Stop claiming as a right what you can ask for as a favour.

-Learn to listen to each other carefully. Then learn to listen to every word that the other is not saying.

-Remember: Your marriage will be a better one if you become better. You can do this by stop trying to make the other partner better.

'In Chhoti Chhoti Batein we found G.G.B.
"गहरी गहरी बातें" ("Gahri Gahri Batein")
- Dr. B.M. Raturi M.D. Jaipur

SOME DIET TIPS FOR BREATHING PROBLEMS:

(1) Drink warm water throughout the day with drops of ginger juice added to it. (2) Drink a glass of vegetable juice daily; carrot and beetroot or onion, ginger, garlic with one tablespoon. Honey in warm water. (3) Avoid milk and milk products. (4) Eat whole grain food only. (5) Avoid mono sodium glucomate in your food. (MSG)

THE BASIS

If there is truth in the soul
there will be love in the heart.
If there is love in the heart
there will be harmony in the family.
If there is harmony in the family
there will be order in the nation.
If there is order in the nation
there will be peace in the world. - Cedric Rose

CLARITY

'Don't look for God.' Said the holy man, 'just look - and all will be revealed.'

'But how is one to look!'

'Each time you look at anything, see only what is there and nothing else.'

The disciples were bewildered, so the holy man made it simpler: 'For instance, when you look at the moon see the moon and nothing else.'

'What else can one see except the moon?'

'A hungry person could see a ball of cheese, a lover, the face of his beloved.'

From: 'One Minute Wisdom' By A de Mello

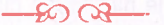
FOCUS: MAKING A DIFFERENCE

We can all make a difference in the lives of others. Bhanudas Bhave, a citizen of Borovili, Mumbai, did this in a big way. His life was just like that of any other from a middle class household; a nine-to-five job and a comfortable home to return to. Till one day, he gave all that up to open a school for children in an obscure village called Kelva.

It was not easy at first. He quit a bank job and forfeited his security. Then came the numerous hurdles. Frustrated by red-tapism, he refused to accept government sponsorship and had the gigantic task of collecting funds. Besides, he had

to face strong resentment from the sarpanch of the gram-panchayat who was suspicious of his motives.

But his wife, working as a librarian in the ministry of defence, became his strongest support and ally. Without her, he would not have made it. She became the sole breadwinner of the family and that enabled their daughter Aasaveri receive a decent education. She even contributed part of her Diwali bonus every year for the children. Soon other like-minded people got together to help make the scheme to take shape. Today, after many years, it is a great success. It stands as a proud symbol of the struggle and perseverance of Bhave. Plans are now afoot to open a health care centre.



LIFE

He asked for strength that he might achieve,
he was made weak that he might obey.
He asked for health that he might do greater things,
he was given infirmity that he might do better things.
He asked for power that he might have the praise of men,
he was given weakness that he might feel the need of God.
He asked for riches that he might be happy,
he was given poverty that he might be wise.
He asked for all things that he might enjoy life,
he was given LIFE that he might enjoy all things.

THE TREASURE

One day a musk deer suddenly became aware of the unique fragrance of musk. He could not discover its source, but he was captivated by it and wanted to find out where this pungent odour was coming from. It seemed so near, yet as he hastened to follow the scent his search brought him deep into the forest. In his determination he went on and on without rest or food. In vain. He found nothing. Exhausted and hungry he wandered farther into the forest, and in making a false step, he suddenly tumbled into a deep ravine.

As he lay there wounded, he licked his body and lo! Incredible! All that musk fragrance was coming from his own body, from himself. He had found his treasure too late!

Any victory we may win is never the one we dreamed of winning. The point is that life itself is nothing. It is the dream that keeps us fighting, willing, living!

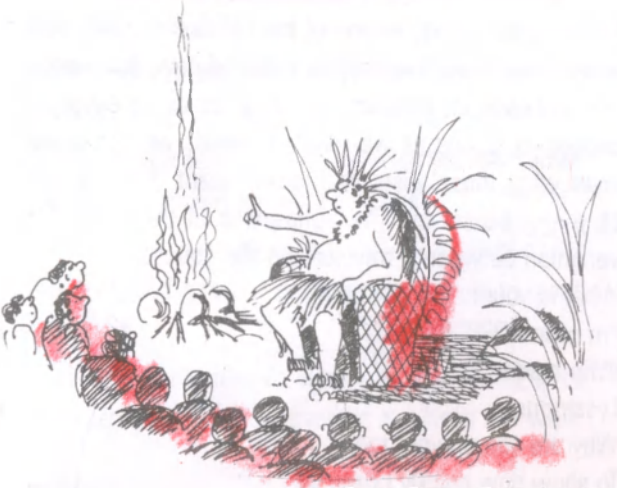
-Eugene O'Neil

'I divide the world into three classes: the few who make things happen; the many who watch things happen; and the overwhelming majority who have no idea what happens.'

- N.M.Butler

Chhoti Chhoti Batein is an ideal birthday gift.
Circulate Chhoti Chhoti Batein to your family.
Specially to young members

FROM PATIENCE TO PARDON



One summer evening after a festal hour of singing and dancing, the whole tribe sat around the chieftain. He began to speak to them: 'If you have quarreled with a brother and you resolve to kill him' – as he spoke the chieftain looked directly at one of the group – 'first sit down, fill your pipe and smoke it. When you have finished you will realize that death is too severe a punishment for your enemy for the fault he has committed, and you decide to give him a good whipping instead. – Then fill your pipe a second time and smoke it to the bottom. At the end you will have persuaded yourself that instead of many lashes, some simple words of reproof would be sufficient.

Then when for a third time you have filled your pipe and smoked it to the finish, you will be convinced that the better thing to do is to go to that brother and embrace him!'

OPPORTUNITY

Many centuries ago in one of the old Greek cities there stood a statue. Every trace of it is vanished now. But there is still in existence an epigram, which gives us an excellent description of it, and as we read the words we can surely discover what those wise old Greeks meant that it should teach every passer-by. The epigram is in the form of a conversation between a traveler and the statue:

What is your name, O Statue?
I'm called OPPORTUNITY.
Who made you?
Lyssippus
Why are you on your toes?
To show how quickly I pass by.
But why is your hair so long on your forehead?
That men may seize me when they meet me.
Why then, is your head so bald behind?
To show that when I have once passed, I cannot be caught.

WISDOM

Wisdom is no matter of mere appearances, it is a many-sided virtue.

Wisdom is deep knowledge of your own limitations and your own possibilities.

Wisdom is the patience to allow today's seed to ripen into tomorrow's fruit without digging it up every few hours to see how it is coming along.

Wisdom is the hanging of splendid thought-pictures on the walls of the mind.

Wisdom sees the essential unity that lies below our human diversity.

Wisdom doing the best you can with what you have when you are tempted to mourn for what you lack.

Wisdom is the refusal to be satisfied with noble sentiments and good goals; it develops the means to reach worthwhile ends.

Wisdom is the welcome we extend to opportunity, even when it approaches us in grimy overalls and looks like work.

THE WISDOM OF LOVE

After one golf-tournament victory, Roberto De Vincenzo, once British open champion, was approached by a woman with a tragic story about her daughter. It seemed the daughter had leukaemia, and the mother was asking for money. De Vincenzo gave it to her.

Later, a friend came up to him angrily and said, 'Roberto, what did you do that for? Her daughter hasn't got leukaemia!'

Roberto answered, 'My friend, that is the best news I ever heard in my life!'

Employer to Applicant: Have you any ambition?

Applicant: Ambition! I will never rest till I see you out of that chair!

NEWS: TO LEAD A BETTER LIFE

FOODS THAT HELP TO FIGHT PAIN

Grandmother perhaps did know best when it came to doling out remedies from the kitchen for various ailments. Researchers are now confirming some of those remedies as well as adding to it, to show how foods can help overcome various problems. Dr Neal Barnard, president for the Physicians Committee for responsible medicine, in his book, 'Foods that fight pain', gives a guide to just the right foods that can soothe everyday ailments as well as cure chronic pain.

Ginger, commonly used by ayurvedic practitioners, can help prevent migraines and coffee at times can cure them. Rice can calm your digestion and sugar can make you more sensitive to pain.

Among the contributors to pain could be a surprising number of chemicals present either in foods, in the air or at the workplace. For instance monosodium glutamate found in Chinese food, causes headaches and a feeling of tightness around the face in one out of three persons. Aspartame, the artificial sweetener, is implicated in some headaches. It has a chemical that can cause brain damage in some individuals.

Certain foods are known to have cholesterol-lowering properties such as oat, soya products, garlic and walnuts. Some others can even reduce the damaging effects of cholesterol: these are orange-coloured vegetables such as

carrot, sweet potatoes and pumpkins, which are rich in beta-carotene, grains, vegetables and beans which are rich in Vit. E, and citrus fruits. (The Sunday Times, 2nd April 2000)

LIFE IN YOUR HANDS

The individual has three centres, the intellectual, the emotional and the physical. When a person is balanced, each works in harmony with the other. Remembering the self could lead us to higher states of consciousness.

Deliverance is not achieved by repeating the word 'Brahman'. But it can be achieved by directly experiencing the Brahman. There is no predetermined path. One has to find one's own path. A person at home in his or her self is one who lives in that undisturbed state, in which one gives one's own self to the world without getting lost in it, remaining alone without ever hardening, as one self.

The Brahman is the ultimate reality beyond. Brahman is changeless. Everything else is subject to change, even as all else draw sustenance from the Brahman or the supreme self. The universe is made up of a multiplicity of objects. These objects are all nothing other than the supreme self.

Our lives are shaped by our minds. We become what we think. An individual becomes what he or she is according to the quality of his or her desires. The extent of our desires is circumscribed by the strength or our will, from which follows the quality and extents of our actions or deeds.

The Bhagavad Gita says: 'The mind is restless and difficult to control, but it can be conquered through regular practice and detachment. Those who lack self-control will find meditation difficult; those who are self-controlled will attain the goal.'

In order to detach oneself from karma, one needs to cultivate the art of detachment and discrimination. Karma is not a sub-conscious involvement; it has the aspect of conscious recognition. True wisdom, which is beyond sensual recognition, can recognise what karma is. The effect of karma can be contained through the knowledge of the self.

Whichever way we look at it, the truth is that the reins of life are in our hands; we are the architects of our lives.

CLIFF BOSCO (TOI: 5th April 2000)

HYPERTENSION, WATCH IT OR WATCH OUT

An elevated arterial blood pressure is probably the most important public health problem in developed countries. It is common asymptomatic, readily detectable, usually easily treatable and often leads to lethal complication if left untreated.

Hypertensives when compared to people with normal blood pressure develop twice as much peripheral arterial blockages, three times as much coronary heart disease, and four times as much congestive heart failure and seven times as much stroke.

When hypertension is suspected, blood pressure should be measured at least twice during two separate examinations after the initial screening. In adults, a diastolic pressure below 85 mmHg is considered to be normal; between 85 and 89 is high normal; 90 to 104 is mild hypertension; 115 or greater is severe hypertension. When the diastolic pressure is below 90 mmHg, a systolic pressure below 140 mmHg indicates normal blood pressure; between 140 and 159 is borderline, isolated systolic hypertension; 160 or higher is isolated systolic hypertension.

A number of environmental factors have been specifically implicated in the development of hypertension, including salt intake, obesity, occupation, alcohol consumption, family size and crowding.

The Economic Times (3rd April, 2000)

PERFECT FIT

In a fitness-training programme one should ideally be careful to address all major aspects of physical fitness. This can be done in our own homes as well. With a little bit of imagination and modification, one can create one's own equipment and a fabulous workout.

- Running up and down one or more floors of your building, and/or wall-to-wall touches can give you a great cardiovascular workout.
- Using a bathroom stool or a thick book, you can get into

calf raises to target calf muscles. This can be done by keeping only the front half of your feet on the stool/book and the rest off it. Keeping the legs straight and upper body erect, rising on the ball of the feet or toes is the working phase of the exercise.

- Pushups are great for upper and even mid-body strength and stamina. When starting an exercise programme, modified push-ups may be more appropriate (bent knees or even standing against a wall) rather than the full classic push-up.
- Abdominal work – crunches and curls – can he done on the floor, with a mat for cushioning.
- Free squats and lunges can be added for lower limbs.
- A pair of light dumbbells around is a great idea. A large variety of exercises can be done, from biceps curls, lateral raises, triceps extensions to overhead lifts and shoulder shrugs and many more exercises.
- A lot of exercises can be done using a chair. For instance, while sitting down on the floor behind a chair with legs fully extended, get your legs in between the chair's legs. From this position, pushing outward will target all lower limb muscles, particularly the outer thighs. In the same position, with your feet on the outer side of the chair's legs, pushing inward will again target all lower limb muscles, but primarily the inner thighs.

NAWAZ MODI (SUNDAY. MID-DAY, 9TH APRIL 2000)

FACTORS YOU CAN CHANGE

- Incorporate physical activity into your life style now. The most important thing is to do something active all day. Avoid sitting while you can stand, driving while you can walk. Any exercise is better than no exercise at all. Schedule yourself for a 20-minute walk everyday. Swimming can act as a gentle way for elderly people to add bone density. Do biceps curls. Hold a hand weight in front of your body and curl it to your chest, keeping your elbows at hip level. Repeat it a few times a day. Muscle strengthening exercises like abdominal curls, shoulder-blade squeezes and back-extensions help a lot.
- Calcium intake is essential. At least 1,000 mgms for elderly people. The best sources of calcium are low-fat dairy products, curd and skimmed milk.
- Avoid cigarette smoking. It can lower estrogen levels and has a negative impact on bone density during menopause.
- Avoid aerated drinks and sodas; they contain phosphorous, which taken in excess, causes the body to excrete calcium.

Osteoporosis can develop without you realising it. So it is important to eat well and exercise at all times. Every seven to ten years, old bone is replaced by new bone. One should take particular care after 35 years of age.

Dr.Farokh Master (B.T 12th April 2000)

HELP CHILDREN LEARN ABOUT MONEY

- It is never too early to teach your children the value of saving money. Visit a bank together and show them how it works. Tell them what you do to save money on a regular basis.

- Teach your children about saving and spending money by setting a good example. Your spending and saving habits will influence your children's. Try making your wallet a learning tool. The next time you buy something or take out a credit card, involve your children in the decision-making process. For example, tell them why you use a particular gas station instead of a more expensive one down the road.
- Show your children the importance of budgeting. Talk to them about your family budget and how you decide how much to spend on purchases, including a discussion on wants and needs. Reinforce the learning by planning, budgeting and saving together for a family outing.
- Involve your children in family spending decisions. This allows them to be active participants in the buying and saving process.
- Take your children on a comparison shopping trip. Once they have saved enough to buy a small item, go to two or three stores and compare.
- Show children how checking and savings accounts work. Try paying your children's allowance in the form of a check. Then go to the bank with them to deposit the check into their savings accounts, or have them cash the check and explain how it can be turned in to the bank in exchange for money. Explain how compound interest works.
- Challenge your children to be smart shoppers. Let them spend money and discuss the choices they make.

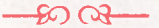
Tips from Citibank (The Business Age, 13.04.2000)

FAMILY REUNION AFTER 25 YEARS

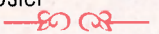
After thinking each other dead for 22 years, a Russian mother and son were re-united in Chicago, U.S.A.

Parted in World War II, when the German army took the boy, then 17, from his home village to work in their camps, they thought each other dead when the war was over and the boy moved to U.S.A.. After 22 years he learned from a cousin that she was alive and he traced her to a village near the Black Sea. Three years later they met in Chicago for a visit. How often we take our family members for granted! We have them with us but we don't appreciate them.

The climate of our day is influenced more by the condition of our temperament than by the temperature of our surroundings; more by the humility in our hearts than by the humidity in the air; more by the happiness we create than the fun we seek; more by the service we give than the service we receive; more by the friends we make than the people we meet; more by the example we set than the breaks we get. (W.A.Ward)



Banish the future; live only for the hour and its allotted work. Think not of the amount to be accomplished, the difficulties to be overcome, but set earnestly at the little task at your elbow, letting that be sufficient for the day; for our duty is not to see what lies dimly at a distance, but to do what lies clearly at hand. - Osler



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THE SPIRIT OF MAN

How amazing is this spirit of man! In spite of innumerable failings, man, throughout the ages, has sacrificed his life and all he held dear for an ideal, for truth, for faith, for country and honour. That ideal may change, but the capacity for self-sacrifice continues; and because of that, much may be forgiven to man. It is impossible to lose hope for him. In the midst of disaster he has not lost dignity or his faith in the values he cherished. Plaything of nature's mighty forces, less than a speck of dust in this vast universe, he has hurled defiance at the elemental powers, and with his mind, cradle of revolution, sought to master them.

- Pandit Jawaharlal Nehru

SOURCE PUBLISHERS PVT. LTD.
Tara Mahal, 5th Road, Khar (W), Mumbai - 400052
Tel.: 6001558/6465741/6057186 Fax: 6002060